

# Minimal Allergen 28 Meal : Flights from Japan

## First and Business Class



1st MEAL			
Route	Photo	Menu	Ingredients
<North America / Canada> New York, Chicago, Boston, Seattle, Los Angeles, San Diego, San Francisco, Dallas, Vancouver  <Europe/Middle East> London(except Night flights), Paris, Frankfurt, Helsinki, Moscow, Doha  <Australia / Southeast Asia> Sydney, Melbourne, Delhi, Bengaluru, Hanoi, Kuala Lumpur, Jakarta Ho Chi Minh City (except Night flights), Bangkok (except Night flights), Singapore (except Night flights)		1) Grilled Pacific Ocean Perch	Grilled pacific ocean perch, Rapeseed oil, Starch(Sago plum), Salt, Gulcose(Corn), Spices, Green onion
		2) Steamed Vegetables with Corn Soup Sauce	Broccoli, Carrot, Young corn, Sweet corn, Starch(Potato), Yeast extract, Salt, Vegetable extracts(Chinese cabbage), Bamboo extract, kelp extract, Beet sugar, Dextrin
		3) Sautéed Asparagus	Asparagus, Rapeseed oil, Salt, Black pepper
		4) Turmeric Rice	Rice, Rapeseed oil, Salt, Turmeric, Parsley, Root kelp powder
		5) Fresh garden salad	Lettuce, Sunny lettuce, Cucumber, Tomato, Lemon
		6) Green grape jelly	Grape juice, High fructose corn syrup, Sugar, Agar, Konjac, Citric acid, Citric sodium, Flavoring.
		7) Sweet potato cookie	Beet sugar, Rapeseed oil, Sweet potato powder, Maple sugar, Salt, Starch (Sago palm), Baking soda.
		8) Fresh Fruits	Melon, Pineapple, Grape fruit, Grape
<Hawaii / Guam> Honolulu, Kona, Guam  <Southeast Asia> Manila(include Night flights)  <East Asia> Hong Kong, Guangzhou, Shanghai (Pudong, Hongqiao), Beijing, Tianjin, Dalian, Taipei(Taoyuan, Songshan), Kaohsiung, Seoul(Gimpo), Busan  <Europe> Vladivostok		1) Grilled Pacific Ocean Perch	Grilled pacific ocean perch, Rapeseed oil, Starch(Sago plum), Salt, Gulcose(Corn), Spices, Green onion
		2) Steamed Vegetables with Corn Soup Sauce	Broccoli, Carrot, Young corn, Sweet corn, Starch(Potato), Yeast extract, Salt, Vegetable extracts(Chinese cabbage), Bamboo extract, kelp extract, Beet sugar, Dextrin
		3) Sautéed Asparagus	Asparagus, Rapeseed oil, Salt, Black pepper
		4) Turmeric Rice	Rice, Rapeseed oil, Salt, Turmeric, Parsley, Root kelp powder
		5) Fresh garden salad	Lettuce, Sunny lettuce, Cucumber, Tomato, Lemon
		6) Green grape jelly	Grape juice, High fructose corn syrup, Sugar, Agar, Konjac, Citric acid, Citric sodium, Flavoring.
		7) Sweet potato cookie	Beet sugar, Rapeseed oil, Sweet potato powder, Maple sugar, Salt, Starch (Sago palm), Baking soda.
		8) Fresh Fruits (Manila routes only)	Melon, Pineapple, Grape fruit, Grape
<Night flights> London		1) Tapioca Bread with Raisins	Shortening (Palm), White-sorghum powder, Beet sugar, Raisins, Salt, Starch (Sago palm, Tapioca), Trehalose, Foaming agent, Baking powder.
		2) Pear jelly	Pear juice, High fructose corn syrup, Sugar, Agar, Konjac, Citric acid, Citric sodium, Flavoring, Antioxidant(Vitamin C)
		3) Sweet potato cookie	Beet sugar, Rapeseed oil, Sweet potato powder, Maple sugar, Salt, Starch (Sago palm), Baking soda.
REFRESHMENT			
Route	Photo	Menu	Ingredients
<North America> New York, Chicago, Boston, Seattle, Los Angeles, San Diego, San Francisco, Dallas  <Europe/Australia/Middle East> London(except Night flights), Paris, Frankfurt, Helsinki Sydney, Doha  <Night flights> Bangkok, Singapore Ho Chi Minh City		1) Tapioca Bread with Raisins	Shortening (Palm), White-sorghum powder, Beet sugar, Raisins, Salt, Starch (Sago palm, Tapioca), Trehalose, Foaming agent, Baking powder.
2nd MEAL			
Route	Photo	Menu	Ingredients
<North America / Canada> New York, Chicago, Boston, Seattle, Los Angeles, San Diego, San Francisco, Dallas, Vancouver  <Europe//Middle East> London(except Night flights), Paris, Frankfurt, Helsinki, Doha  <Australia> Sydney, Melbourne  <Southeast Asia> Bangkok(except Night flights), Singapore(except Night flights), Kuala Lumpur, Jakarta		1) Grilled Cod in Salt Flavor	Codfish, Malted Rice , Salt, Alcohol
		2) Simmered Potato in Japanese Style	Potato, Onion, Carrot, Yeast extract, Beet oligosaccharide, kelp extract, Shiitake mushroom extract, Beet sugar, Salt, Bamboo extract, Trehalose
		3) Sautéed Shimeji Mushroom	Shimeji mushroom , Rapeseed oil , Salt, Black pepper
		4) Rice in Ginger Flavor	Rice, Potherb mustard , Yeast extract, Beet oligosaccharide, Kelp extract, Shiitake mushroom extract, Ginger, Beet Sugar, Mirin (Rice, Malted Rice , Salt), Salt, Gulcose, Dried bonito powder, Shiitake mushroom powder, Kelp powder, Root kelp powder, Trehalose
		5) Fresh garden salad	Lettuce, Sunny lettuce, Cucumber, Tomato, Lemon
		6) Pear jelly	Pear juice, High fructose corn syrup, Sugar, Agar, Konjac, Citric acid, Citric sodium, Flavoring, Antioxidant(Vitamin C)
<Europe> Moscow  <Hawaii> Honolulu, Kona  <Southeast Asia> Delhi, Bengaluru		1) Tapioca Bread with Raisins	Shortening (Palm), White-sorghum powder, Beet sugar, Raisins, Salt, Starch (Sago palm, Tapioca), Trehalose, Foaming agent, Baking powder.
		2) Pear jelly	Pear juice, High fructose corn syrup, Sugar, Agar, Konjac, Citric acid, Citric sodium, Flavoring, Antioxidant(Vitamin C)
		3) Sweet potato cookie	Beet sugar, Rapeseed oil, Sweet potato powder, Maple sugar, Salt, Starch (Sago palm), Baking soda.
<Night flights -from Haneda> London, Bangkok, Singapore, Ho Chi Minh City  <Night flights - from Kansai> Bangkok		1) Grilled Pacific Ocean Perch	Grilled pacific ocean perch, Rapeseed oil, Starch(Sago plum), Salt, Gulcose(Corn), Spices, Green onion
		2) Steamed Vegetables with Corn Soup Sauce	Broccoli, Carrot, Young corn, Sweet corn, Starch(Potato), Yeast extract, Salt, Vegetable extracts(Chinese cabbage), Bamboo extract, kelp extract, Beet sugar, Dextrin
		3) Sautéed Asparagus	Asparagus, Rapeseed oil, Salt, Black pepper
		4) Turmeric Rice	Rice, Rapeseed oil, Salt, Turmeric, Parsley, Root kelp powder
		5) Fresh garden salad	Lettuce, Sunny lettuce, Cucumber, Tomato, Lemon
		6) Green grape jelly	Grape juice, High fructose corn syrup, Sugar, Agar, Konjac, Citric acid, Citric sodium, Flavoring.
		7) Sweet potato cookie	Beet sugar, Rapeseed oil, Sweet potato powder, Maple sugar, Salt, Starch (Sago palm), Baking soda.
		8) Fresh Fruits	Melon, Pineapple, Grape fruit, Grape

※ There may be variations in the types of containers.